

SEPTEMBER IS National Suicide Prevention Month

A recent report conducted by The Hub, which represents the southwest region of the state of Connecticut, found that 4 percent of people ages 18 and older reported having serious suicidal thoughts within the past year.

Suicide is the 10th leading cause of death in the United States and the 11th leading cause of death in Connecticut.

YOU ARE NOT ALONE

Ways to get involved

QUESTION, PERSUADE REFER (QPR)

September Training Dates and Times:

- 1st 2:00-3:30 PM
- 8th 11:00 AM - 12:30 PM
- 9th 5:00 - 6:30 PM
- 13th 2:30 - 4:00 PM
- 16th 4:00 - 5:30 PM
- 21st 11:00 AM - 12:30 PM
- 24th 10:00 - 11:30 AM



Please RSVP to
info@thehubct.org to
sign up and receive a
zoom link

*Please include the preferred
date

TALK SAVES LIVES TRAINING

- **September 10th from 12:00-1:00 PM**
 - RSVP to dlewis@norwalkacts.org
- September 21st from 2:00 - 3:00 PM
 - RSVP to info@thehubct.org



ACTION ALLIANCE EVENTS

- September 1: Action Alliance #BeThere
 - Twitter Chat at 2pm ET
- September 10: National AI/AN Hope for Life Day
- September 10: World Suicide Prevention Day
- September 10: American Foundation for Suicide Prevention's World Suicide Prevention Day All-day Facebook Live at 12pm ET
- September 17: National Physician Suicide Awareness Day

CRISIS AND WARM LINES

- National Suicide Prevention Lifeline
 - 1-800-273-TALK
- National Crisis Text Line
 - 741741
- CT Mobile Crisis
 - Dial 2-1-1 (Option 1)
- Kids in Crisis
 - 203-661-1911
- Trevor Project
 - 866-488-7386
- CT Behavioral Health Warmline
 - 877-552-8247
- JoinRiseBe Warmline
 - 855-6-HOPENOW
- Action Line
 - 800-467-3135



OTHER RESOURCES

- Be the 1 to
- U.S. Department of Veterans Affairs
 - #BeThere
- National Council on Suicide Prevention
 - Take 5 To Save Lives
- American Foundation for Suicide Prevention
 - #RealConvo
- 1 Word, 1 Voice, 1 Life
 - Alternatives to Suicide Training
- Trumbull EMS "A Night to Shine Your Light"
 - September 10th 6:30-7:30 PM
- CT Suicide Advisory Board "988 Meeting"
 - September 9th 9:00 - 11:00 AM
 - Zoom details

SUICIDE ADVISORY BOARD MEETING

- Regional Suicide Advisory Board
 - Friday **September 17th** from 12:00 - 2:00 PM
 - RSVP to info@thehubct.org
- Connecticut Suicide Advisory Board
 - Thursday **September 9th** from 9:00 - 11:00 AM
 - check [The Hub's calendar](#) for zoom information

**National Suicide Prevention Day:
Friday, September 10th**